THE DIVINE LIFE

SILVER JUBILEE NUMBER
VOL. XXII, NO. 4, APRIL 1960

ANDOVER-HARVARD
THEOLOGICAL LIBRARY
CAMBRIDGE, MASS.

This Issue
Published
in
ommemora-
tion
of the
auguration
of the
lver Jubilee
Year
of the
Divine Life
Society

JUN 23 1960

CONTENTS

			Pages
1.	Unity in the Ultimate	.. .. ..	79
2.	Need for a Spiritual Outlook	—Dr. V.V. Giri ..	81
3.	The Basic Ideals of the Divine Life Society	—Sri Swami Sivananda ..	85
4.	Messages and Greetings	.. .. ..	88
5.	Fountain of Light and Wisdom	—Srimati B. Sita Bai ..	95
6.	Birth of the Divine Life Society	—Sri Swami Swarupananda ..	96
7.	Outstanding Service in Spreading Spirituality	—Sri D.P. Karmarkar ..	97
8.	Temple of Learning and Service	—Dr. Chou Hsiang-Kuang ..	98
9.	A Vision of Divine Life	—Sri K.S. Ramaswami Sastri ..	98
10.	The Divine Life Society in Perth	—Dr. R.T. Werther ..	99
11.	One Who is an Institution by Himself	—Sri Swami Venkateswarananda ..	99
12.	Towards Cultural Resuscitation	—Sri N.C. Ghosh ..	100
13.	Heralding a Much-Needed Spiritual Awakening	—Sri A.K. Sinha ..	101
14.	Landmarks in the History of the Divine Life Society	..	102
15.	Oneness of All That is Real	—Sri J.G. Phelps Stokes ..	102

Om

1st April 1960

Sri Rani Nitya Kumari

Nepal.

I am the Infinite Immortal Atman. I am Nitya-ananda Atman. I am Sat-chit-ananda Atman. I am all Bliss, all Peace. I am not this body. So I am beyond birth, death, disease and old age. I am not this mind; so I am beyond grief and delusion. Meditate on these bestows on you Immortality and eternal Bliss

May God bless you,

Sivanand

RELIGIOUS CALENDAR

[Sivanandanagar]

(April 16 to May 30)

APRIL

17 Easter Day
21 Ekadasi
23 Pradosha Puja
25 Amavasya

MAY

1 Sankaracharya Jayanti
7 Ekadasi
8 Pradosha Puja
9|10 Buddha Jayanti; Purnima
21 Ekadasi
22 Pradosha Puja
24|25 Amavasya

Special Ganga and Lakshmi Pujas on all Fridays

SUBSCRIPTION RATES

Annual subscription: Rs. 4; Rs. 7 for two years; Rs. 10 for three years. Annual subscription outside India, Pakistan and Ceylon: $ 1.25, or Sh. 8, which (or the equivalent of which) may be sent through International Postal Coupons, or British Postal Orders. Single Copy: 37 nP.

THE DIVINE LIFE

VOL. XXII, No. 4 SILVER JUBILEE NUMBER April 1960

This Issue is Published in Commemoration of the Inauguration of the Silver Jubilee Year of the Divine Life Society (Founded in April 1936)

Unity in the Ultimate

CALL HIM WHAT YOU WILL!

Who can name Him?
Admit on the spot:
I believe in Him?
And who can dare
To perceive and declare:
I believe in Him not?
The All-Embracing One,
All-Upholding One,
Does He not embrace, uphold,
You, me, Himself?
Does not the Heaven vault itself above us?
Is not the earth established fast below?
And with their friendly glances do not
Eternal stars rise over us?
Do not my eyes look into yours,
And all things thrust
Into your head, into your heart,
And weave in everlasting mystery
Invisibly, visibly, around you?
Fill your heart with *this*, great as it is,
And when this feeling
Grants you perfect bliss,
Then call it what you will—
Happiness! Heart! Love! God!

—J.W. von Goethe, in 'Faust'
(Translation by Louis MacNeice)

LET YOUR HEARTS BE UNITED

Meet together,
Speak together,
Let your minds be in accord,
As the ancient gods sit together,
For their respective shares;
Common the deliberation,
Common the assembly
Common the mind,
Common their thoughts;
A common contemplation
Do I place before you,
With a common oblation
Do I perform the sacrifice.
Let your resolve be common,
Your hearts united,
Your minds at one—
That you may agree happily.
Let us all, in unison,
Like true friends,
Invoke upon God,
Best known in His
Revealed Law of Nature,
For protection and help
In all our endeavours . . . .
And in all our battles of life.

—Rigveda-Samhita : X. 191. 1.3

3rd April 1960

Children of Immortality,

By the grace of God, the Divine Life Society completes twenty-five years of its glorious service in 1961. Today there is a world-wide spiritual awakening. Thousands all over the world have contributed to this. Many at the Head Quarters and in the branches have dedicated their life to this Divine Cause. To them all, my grateful thanks.

Much more has yet to be achieved. The Divine Life Message must reach every home. Gird up your loins and plunge in this dynamic selfless work. It is Jnana Yagna dear to the Lord. Elevate yourself and others too.

The Silver Jubilee is a great opportunity to intensify this work. The proposed Cultural Mission will create a spiritual stir throughout the world. It will bring in collective good to humanity. God's Grace and the Guru's Co-operation shall surely make this possible.

May God bless you all with Joy, Bliss, Immortality.

Sivananda

Need for a Spiritual Outlook

(Address by Dr. V.V. Giri, Governor of Uttar Pradesh, inaugurating the Silver Jubilee of the Divine Life Society at Rishikesh, on April, 3, 1960)

Respected Swami Sivanandaji, esteemed devotees of the Ashram, Ladies and Gentlemen:

It is, indeed, a proud day in my life to have been asked to inaugurate the celebrations of the Silver Jubilee of the Divine Life Society, established under the spiritual auspices of one of our great saints of the day, Sri Swami Sivanandaji. It was really a great surprise to me when I was requested by Swami Paramanandaji (Secretary of the Silver Jubilee Committee) to do so, as I sincerely feel that I am eminently unfit to have that honour, because I have to frankly confess that I am not in close touch with the implications adumbrated by the great religions of the world, nor with the religious books. It was only the devotion, regard and respect for Swami Sivanandaji that persuaded me to accept this invitation. My life has become sublime by my associating with this great event. It is the wish of all in this country and elsewhere that this Society should grow from strength to strength and give salvation to humanity.

SWAMI SIVANANDA

Swami Sivanandaji is a personage of great qualities. He is a great thinker, speaker, and a religious and social leader of the highest order. His life-work is too well-known to the people, not only of this country, but abroad. His magnanimity and spiritual power have been felt by millions of people throughout the world. The secret of his attraction is his universal love and generosity, and his heart is completely pure and utterly selfless. That is the principal reason why he is able to ingratiate himself into the hearts and minds of his devotees everywhere, and be helpful to them with his practical and sagacious advice in times of their worries, stress and storm.

I consider myself in all humility an ignorant person to dilate upon the qualities of the head and heart, or interpret the sayings and doings, of this great personality. I could only repeat what has been so well stated by Swami Paramanandaji about the 'Unique Characteristics of Gurudev' and it will do good to everyone by repeating his high ideals and his precepts, which are quite consistent with his practices.

HIS TEACHINGS

The essence of his teachings is as follows:

1. Avoid bad company. Destroy evil nature. Remove vices. Develop divine virtues. Become humble and simple.

2. Purify your heart through selfless service. Serve society, the sick and the poor, with faith and devotion.

3. Discipline the turbulent senses. Destroy the wandering nature of the mind. Annihilate desires and cravings. Crush the ego ruthlessly.

4. Charge the mind with divine thoughts through study of scriptures, Satsanga and constant Japa.

5. Maintain a high standard of health through daily systematic practice of Yoga exercises.

6. Concentrate, meditate and realize. Love all. Serve all. See the Lord in all. Attain everlasting peace, happiness and immortality.

7. Be regular and systematic in your Sadhana. Be patient and adamantine. Realize thy real Swaroopa and be free for ever.

SELF-REALIZATION

A professor of a university, who was the guest of Swamiji, raised a doubt regarding the large number of Ashramites who might not be doing any concrete service to humanity and asked how could there be any self-realization prior to self-effacement, and whether it would not be better if these people chose a village and served the needy in various aspects of village life, apart from their own Sadhana, and thus secure self-effacement prior to self-realization. Swamiji rightly clarified the position and stated as follows:

"Self-realization is the goal of every man and woman. And, though the ultimate experience is universal and homogeneous, the approach is different in the case of different people. This is because, though the ultimate experience is possible only after the mind has ceased to function, Sadhana has to be done with the help of the mind. Minds differ. Temperaments differ. Therefore, the approaches to the Reality differ.

"The patriot who serves the country, the advocate and the doctor who serve the society, the engineer, the professor, the scavenger and the motor driver,—everyone can attain self-realization without stepping out of the walk of life in which the Lord has placed them. As you have rightly put it, self-effacement is necessary before Self-realization, and everyone has the privilege to choose his own mode of effecting this self-effacement.

SELFLESS SERVICE

"The inmates of the Ashram are all engaged in the service of humanity. Work for the preservation of the spiritual culture is as much important as, if not more than, work in other fields of service. As a matter of fact, if the emphasis is gradually shifted from political stand-point to spiritual stand-point, I think there are greater chances of the world enjoying peace. Viewed from that point, these Sannyasins are rendering a more fruitful service to the nation and to humanity at large than their brethren in other walks of life.

"There is practically none in the Aśhram who is not in some way or other taking part in the service which the Divine Life Society is rendering to mankind. Selfless service is an essential part of the daily routine of the Sadhaks here.

PRESERVATION OF SPIRITUALITY

"But this is not to say that unless a Sadhak or Sannyasin engages himself in spectacular service, he is a great and unproductive burden on society. There will always be introverts of the extreme type who might not engage themselves in any activity, but would spend all their time in introspection, self-analysis, and Bhajan. They, too, are necessary. They apparently do nothing to the world at large. But they are rendering an inestimable service to humanity. They preserve one aspect of spiritual culture, the introvert aspect. They carry on the tradition of the Virakta Sannyasin who, through the rugged path of the negation of the world itself, crosses this formidable ocean of Samsara. They are the beacon-lights to other lesser-evolved souls of their type, who would otherwise get lost in the unchartered sea of Sadhana.

"Everyone who sincerely aspires for Self-realization, whatever be the path he chooses, whatever he sincerely does towards the achievement of the goal, is rendering a distinct service to the world at large. He throws out a challenge to those who believe that only sensual enjoyment is pleasure, and who believe in the solid reality of the world and worldly associations. Through Sadhana and self-discipline you will be able to attain Self-realization wherever you are."

MORAL REARMAMENT

I believe in all humility that the mere material gains and worldly possessions will not give real and abiding peace of mind or happiness to human beings, if they are devoid of moral and spiritual values. We have been witnessing the growth of the so-called material prosperity in countries like America and Russia. The more they get material comforts, the greater will be their desire to secure them in abundance. The atomic age is being taken advantage of by big nations to produce nuclear weapons, not for constructive purposes, but for overawing less advanced nations and for gaining more territories, their ambitions being boundless. This attitude may lead to the destruction of the world itself, as the nations are arming themselves to the teeth for advancing selfish interests.

What is really needed is disarmament in the military sense and emphasis on moral rearmament for real, effective happiness of humanity. Mahatma Gandhi, in one of his utterances in 1916 on 'real economics' posed a similar question, namely, whether economic progress clashed with real progress. By economic progress he meant material advancement without limit, and by real progress he meant moral progress. He, however, emphasized that the fundamental rights, namely, the right to live and the right to work, the right to clothe and house oneself and all other reasonable amenities, have been conceded as the minimum requirements for a human being. It was his opinion that, in a well-ordered society, the securing of one's livelihood should be the easiest thing in the world.

His experience in South Africa was that the greater the possession of riches by the people, the greater was their moral turpitude. He felt that the rich men, to say the least, did not advance their moral struggle for passive resistance as did the poor. The rich man's sense of self-respect was not injured as that of the poorest. He was definitely of the view that the possession of riches has been a hindrance to real growth. He came to the conclusion that the scriptures of the world were far safer and sounder treatises on the law of economics than many modern text-books. These considered views of one who was an embodiment of selflessness deserve our respectful attention.

SPIRIT OF RENUNCIATION

St. Mark has vividly described Lord Jesus as a great economist of his time who succeeded in economizing time and space. Once a man came running to him, knelt down and asked him: "Good Master, what shall I do that I may inherit eternal life?" Jesus reminded him of his commandments, namely: "Do not commit adultery, do not kill, do not bear false witness, defraud not, honour thy father and mother."

The man replied: "Master, all these have I observed from my youth."

Jesus, in a spirit of humility, hinted to him by stating: "One thing thou lackest," and advised him to go away and sell whatever he had and give them to the poor and that would secure for him the treasure in Heaven, and he asked him to take up the Cross and follow him. The man was dissatisfied and disappointed and went away aggrieved, for he would not like to give up his possessions. Jesus looked round about and told his disciples "How hardly shall they that have riches enter into the Kingdom of God," and felt "it is easier for a camel to go through the eye of a needle than for a rich man to enter into the Kingdom of God."

Prophet Mohammad says:

"The love of the world is the root of all evils.

"Allah offered to change all the pebblestones round the city of Mecca into pure gold for me, but I answered: 'O Lord, all

I ask is to be hungry one day and satisfied the next. The day I am hungry I will implore Thee, and the day I am satisfied, I will thank Thee. What have I to do with the worldly wealth? I am like the traveller who lieth down in the shade of a tree and goes away from that tree never to return. O Allah! Let me die poor and resuscitate me in the ranks of the poor.'"

FOUR NOBLE TRUTHS

To found the Kingdom of Righteousness, Lord Buddha enunciated the following Four Noble Truths:

1. The truth that sorrow and suffering will exist as long as the world shall last,

2. The truth of the cause of sorrow—the clinging to earthly things which pass away,

3. The truth of deliverance from sorrow—the conquest over self and all evil passions, and

4. The truth of the path leading to deliverance from sorrow, the path the Buddha called the 'Noble Eightfold Path' or the 'Middle Path,' that set forth Eight Guiding Principles which must be observed by all. These were: A right belief; high aims; kind speech; unright conduct; an honest profession in life; perseverance in goodness; a right use of the intellect and right meditation.

SAINTS SHOW US THE WAY

The mission of the Divine Life Society will be fulfilled in a great degree if we can practise every day of our lives a self-examination of ourselves through a spirit of introspection and retrospection. It will result for everyone in the attainment of purity in thought, word and deed. The lives of the greatest teachers of the world like Jesus Christ, Prophet Mohammad, Lord Buddha, Shankaracharya, Guru Nanak, Sant Kabir, Chaitanya Mahaprabhu, Swami Dayananda, Ramakrishna Paramahamsa and Gandhiji—all remind us of our duties and responsibilities and rights and privileges. These great teachers exercised immense influence and moulded the character of millions of human beings.

Materialistic craze and desire for world's goods will take us downhill from the path of moral progress, resulting in frustration and prevent an individual from having peace of mind and contentment. It must be remembered that one cannot serve God and Mammon at the same time, and we should guard ourselves against the practices of Western nations who are groaning under the heels of the monster-god of materialism, making their moral growth stunted. His Holiness the late Jagadguru Shankaracharya of Jyotirmath used to exhort his disciples that the happiest human being was one who had no wants at all.

Great philosophers and religious teachers like Swami Sivanandaji have sacrificed material wealth, wants and possessions with the only view to serve humanity in the real sense. He will continue to render service to the people by explaining to them all that leads to real happiness, based on truth and morality.

Personalities, however great, have limited physical existence, but their teachings and the principles for which they live are remembered and followed by humanity for long ages. I am glad that the Divine Life Society, which carries forward the mission of Swami Sivanandaji, has completed twenty-four years of its existence in the service of humanity.

I have great pleasure in inaugurating the Silver Jubilee (Year) of this Society. May its noble endeavours be always blessed. Jai Hind!

The Basic Ideals of the Divine Life Society

(Sri Swami Sivananda)

Some seekers of Truth, who did not wish to be bound up by any creed or dogma, felt the need for establishing an institution which would neither seek to propound an exclusive spiritual cult, nor a particular religious movement, but embrace every essential truth found in all the religions of the world. They offered me their noble submission, and the Divine Life Society came into being, in 1936.

In the beginning I had no desire to found an institution, but merely wished to spread the message of the Lord in a quiet, modest way. I was satisfied with printing some leaflets, containing the essential teachings of divine life, and allowing some publishing agencies to print a few of my books, for the dissemination of spiritual knowledge. But the Lord willed more, and more became increasingly more.

SPIRITUAL HOME FOR ALL

The consequential problems of twentieth-century materialism, war and unrest, clashing of religious dogmas and intolerance, had created a spiritual hunger in the people, which had got to be met with maximum freedom of conscience and belief. There had to be a spiritual home for everybody, which sought no qualification but sincere aspiration, and which imposed no restriction but the dictates of one's own higher mind.

There had got to be a universal abode, where everybody could profess one's own religion and grow according to the law of one's individual growth, respective of each other's cultural and spiritual backgrounds, breathing the air of freedom and universality, love and fellowship, goodwill and mutual understanding. A Christian was not required to change his religion but to be a better Christian, a Hindu a better Hindu, a Muslim a better Muslim. Such was the basic purpose of the foundation of the Divine Life Society.

COMMON GOSPEL

Divine Life is Yoga in daily life. Yoga is spirituality in practice. I do not ask anybody to run away into the forests or caves. I have always said: 'Serve one another. Co-operate with one another. Understand one another. Have goodwill towards each other. Change the angle of vision—from self-interest to common interest, from materialism to spirituality, realizing the presence of God in all. Feel that you are one with the whole universe. Broaden your outlook. Purify your lower nature.' This is the gospel of the Divine Life Society.

Stick to the ideals of truth, love and purity. Truth is reality—that which is enduring, permanent. Love is an expression of truth in life, for truth is the indwelling substance in all. Without truth, love is brittle, and devoid of purity, love does not flower. A pure man only can have true love in his heart, and only he, whose heart is filled with love of God and His creation—because God is in all—can know what is truth, and is able to follow the path of truth. Therefore, truth, love and purity are the common ideals of the Divine Life Society.

MAIN INJUNCTION

My injunction has ever been: 'Serve, love, meditate, realize; be good and do good.' These words sum up the teachings of all the scriptures of the world. They are the basis of divine life. Love flows from the heart of one who meditates on God. Service

is a natural expression of love. Realization is the fruit. Goodness springs from divine life; they are synonymous. Being good means doing good, because one cannot be good by merely being good to oneself but doing to others. Thus, the Divine Life Society stresses the need of being intensely practical. Its approach to the life of man, to the progress of society, is dictated by practical utilitarianism.

Divine Life is the link that binds all humanity as one great family. It gives one the opportunity of understanding one's relationship with God, between one another, between oneself and the world. It is the key that unlocks the treasure of Self-knowledge, and enables man to understand the laws of life. It is the basis of all philosophies, the mother of all religions, and the way of life that all humanity can follow. To spread the message of divine life among everyone, everywhere, is the central objective of the Divine Life Society.

PRACTICAL TRAINING

Since the past twentyfour years, the Divine Life Society, with its vast network of Branches all over the world, has exercised a very positive influence over the lives of thousands of people, professing different religions as well as philosophical approaches. In its own humble way, the Society has sought to enshrine divine life in the hearts of as many people as it could contact. As members and associates of the Society, whose only condition is to formally state that they would endeavour to lead a life of truth, love and purity, to the best of their capacity, many have felt a great spiritual influence come over their lives, as they began to practise simple Sadhana in right earnest.

Here, at the Headquarters, countless seekers from practically all parts of the world have received training in ethical discipline, concentration and meditation, Yogasana and Pranayama, and have had the opportunity to learn, in theory and practice, Jnana Yoga or the process of intellectual fulfilment in intuitive realization; Bhakti Yoga or the process of emotional consummation through devotion and self-surrender to God; Raja Yoga or the process of occult attainment in mystic superconsciousness; and Karma Yoga or the process of right understanding in the performance of action as worship of the Cosmic Being in and through dynamic selfless service of one's fellow-beings.

FOREST ACADEMY

Since the establishment of the Yoga-Vedanta Forest Academy in 1948 at the Headquarters, the tutorial part of this training has been systematized, and thousands of students, Indians and those from abroad, have drunk deep the milk of ancient spiritual knowledge from this Yogic *alma mater*. Those who do not have the opportunity to come over here are given the scope of training and guidance through correspondence, a large volume of which constantly flows in and out of here. The Branches of the Society, the Yoga-Vedanta Centres and the Study Circles, in the six Continents, meet the needs of the local seekers by way of routine classes, personal contacts with leaders trained at the Headquarters, as well as holding of regional Divine Life Conferences. The itinerant monks of the Society also provide welcome spurts to the dissemination of spiritual knowledge wherever they go, which, of course, is perpetually being carried on through ever-flowing books and periodicals, from here and through the Branches.

The medical aspect of service is neglected neither, and so also the educational aspect. The General Hospital and the Eye Hospital here constitute a dual centre of attraction for patients from near and far, due to the up-to-date, specialized form of medical relief and dedicated service they

receive. The younger generation is served by a school and those intending to go in for higher studies are provided with necessary facilities. The Branches of the Society pattern themselves after the model of the Headquarters in their activities, and have, indeed, been doing very commendable service to the people.

DYNAMIC DISSEMINATION

My advice to all is: 'Lead the divine life, and lead others, too—through personal examples. Practise, and let divine life radiate from you. Let every Branch of the Society be a shrine of Truth, and let every member be a moving temple of divine life. Each one of you has a mission: spreading the gospel of divine life. Dedicate yourself to it. This is the need of the hour. Do not wait to be approached by the people. My method is to be always in the look out for opportunities. Watch for them and utilize them. Be full of initiative. Create opportunities to serve the people, and carry the message of divine life from door to door.' Of all gifts, the gift of spiritual knowledge is the greatest.

There is a great need for a cultural revival. True culture consists in the enblossoming of spirituality in the life of man. In this lies the prosperity of the nation and the secret of world peace. The people are not wanting altogether in their readiness for the reception of spiritual knowledge. That was my experience during my All-India-Ceylon tour, in 1950. Wherever I went, I found seething masses of people eager to listen to the tenets of divine life, eager to know their real, godly heritage. It is an error to deny them their birthright. Thus, the dynamic functioning of a Cultural Mission in India and abroad, which would spread the gospel of divine life and serve the people in other ways, is a very welcome feature of the Silver Jubilee celebration of the Divine Life Society. I wish that the Mission should reach as wide a circle as possible, and, I am sure, everywhere its efforts will be crowned with success—by the wreath of the interest and co-operation of the people.

WORTHY INSTRUMENT

The real spirit of religion must once again be re-established. Religion must flower in the heart of man. There is a strong urge among the people to imbibe the graces of religion and shed bigotry and dogmatism. This did find a ringing evidence in the speeches of the delegates to the 'Parliament of Religions' which was convened at the Headquarters in April, 1953. There is a great longing for religious unity and spiritual fulfilment in all understanding hearts. This longing must be met. The Cultural Mission of the Society is a worthy instrument to do so, and that will, indeed, be a most befitting way of celebrating the Silver Jubilee of the Divine Life Society.

God bless the Cultural Mission and all those that are associated with it, as well as those that are going to come under its benefic influence.

THE JOURNEY INFINITE

My restless swan has no peace. For thousands of years he has been flying with his wings outstretched, eager to reach the unscaled heights of Heaven.

He carries with him the blessings of all the gods in his bosom, and yet he is ever restless and flies on and on.

His piercing eyes scan all the riches of the earth below, but he knows no rest and soars higher and higher.

My restless swan is on the Journey Infinite.

—Atharva Veda (Translation by Satyakam Vidyalankar)

Messages and Greetings

USEFUL SERVICE TO HUMANITY

(Hon'ble Sri Swaran Singh, Minister of Steel, Mines and Fuel)

The Divine Life Society has been rendering useful service to humanity, since it was founded twenty-four years ago by its President, Sri Swami Sivanandaji Maharaj. Ages back, man realized that he could not live on bread alone, and that there was something in the spiritual realm which he must attain to make life on this planet more blissful. This Institution, I am happy to record, has helped humanity immensely in that direction, and I am sure, the Silver Jubilee celebrations constitute an important milestone in the history of this Society. I am confident that everyone present, be he a spiritual leader or a common man, would stand to benefit a lot by the various spiritual and cultural discourses proposed to be delivered on this occasion. I take this opportunity of sending my best wishes for the success of these celebrations.

DISSEMINATION OF MORAL AND SPIRITUAL VALUES

(Hon'ble Sri Jagjivan Ram, Minister of Railways)

The Divine Life Society, during the last twenty-four years of its existence, has done good work in the dissemination of moral and spiritual values and in the interpretation of the intricate principles of Yogic literature. By its noble activities under the guidance of His Holiness Sri Swami Sivanandaji Maharaj, it has earned a name for itself, not only in India, but abroad as well.

I wish the (Society's Silver Jublee) celebrations all success.

PROPAGATION OF TRUTH, PIETY AND THE IDEAL OF SERVICE

(Hon'ble Sri B.D. Jatti, Chief Minister of Mysore)

Gripped as we are, in these days, by waves of materialism and Godless thinking, it is, indeed, a heartening feature, as also a great solace, that the Divine Life Society, founded by the eminent Vedantin and Yogic Saint, Sri Swami Sivanandaji Maharaj, would be celebrating (the beginning of) its Silver Jubilee (Year) on the 3rd April this year, and thus serve as a beacon-light of our spiritual regeneration through its purposeful activities.

I wish that the Society would march from success to success in carrying its message of Truth, Piety and Service from this ancient land of Rishis and Sages, who have inculcated Divine Light from time immemorial, to the remotest corners of the world.

REVIVING THE SPIRIT OF NATIONAL HERITAGE

(Hon'ble Sri Mohanlal Sukhadia, Chief Minister of Rajasthan)

I am glad to learn that, in connection with the Silver Jubilee celebrations of the Divine Life Society, a twenty-five month programme of cultural and moral regeneration is being initiated. I sincerely hope that, through this intensive cam-

paign, the Society will succeed in spreading its message widely and in arousing the interest of the people in the social, moral and philosophical values, which form an essential part of our national heritage.

I send my good wishes for the success of the campaign

TOWARDS THE ESTABLISHMENT OF WORLD PEACE

(Hon'ble Sri H.K. Mahatab, Chief Minister of Orissa)

The Divine Life Society has been serving humanity for the last twenty-four years, seeking to revive the spiritual and moral values in human society. With the tremendous impact of scientific discoveries, a time has come in our civilization, when man should find his spiritual mooring. The alternative is too fearful to contemplate. Societies which by their efforts are seeking spiritual revival in the world, are really working for the establishment of world peace. This is a laudable object which deserves unstinted support of every thoughtful man in all countries.

I send my good wishes to the Society on this occasion, and hope it will progress more and more on the path that it has chalked out nearly a quarter of a century ago for itself.

NEED FOR DYNAMIC SPIRITUAL AWAKENING

(Hon'ble Sri Pratap Singh Kairon, Chief Minister of Panjab)

While the conquests of man in the domain of matter, and his scientific discoveries and skill are amazing, he has not been able to comprehend his own spiritual self and to develop a balanced approach towards life and mankind as a whole. The result is bound to be tragic if nothing is done for creating a dynamic spiritual awakening. The service rendered by the Divine Life Society is a contribution which needs to be commended in this context.

I send my greetings and wish all success to the programme of the Silver Jubilee celebration.

SPREADING THE LIGHT OF UNITY, PEACE AND HAPPINESS

(Hon'ble Sri Surjit Singh Majithia, Deputy Defence Minister)

The first Guru of the Sikhs, Sri Guru Nanak Devji, who was at one with the Great Soul, prayed to God in the following words:

जगत जलन्दा रखले अपनी कृपा धार, जित द्वारे ऊबरे तिते लई उबार

From this we find that he saw this world burning in the fire of duality. Unfortunately, that fire is burning vigorously still. It is, therefore, we find that the peace and happiness we yearn for are disturbed at every step. The only way to our goal is by vanquishing duality and realizing our true Self. This can only come through His Divine Grace. That Grace can only come if one asks for it, in all humility. Bhai Gurdas, a scholar and a saint, tells us of the Grace:

चरन शरन गुरू एक पैंडा जाये चल, सतगुर कोट पैंडा आगे हुइ लेत हैं।

The Guru's quality, the first Guru again describes:

जै सौचन्दा उगवे सूरज चढ़े हजार, इते चानन हुदयां गुर बिन घोर अंधार।

Thus the Guru vanquishes that darkness which a hundred moons and a thousand suns cannot dispel. These persons are found in Sadh Sangat. The Divine Life Society has spread the light of unity for the last 24 years, and has done a unique service to humanity. I can only quote Guru Arjan Devji, my fifth Guru, who he said:

मन अपने तें बुरा मिटाना, पेखे सगल सृष्टि साजाना।

This way lies the peace and happiness which we all yearn for. May we have His Grace through His chosen ones. May this Society enkindle many a "Deas" (lamps) and thus create more light, till this world becomes an eternal Deepavali, as it were.

PROPAGATION OF HINDU CULTURE AND ETERNAL VERITIES OF LIFE

(H.E. Sri N. Raghavan, Indian Ambassador to France)

I send my congratulations, prayers and good wishes for the continued success of the Divine Life Society, which has done such remarkably useful work for disseminating the knowledge of Hindu Culture, since a long time. The activities of the Society, as far as I could observe, has not been confined to such dissemination only, but has been wide and varied, taking in their scope the different spiritual needs of mankind in different parts of the world, in an age that stands sorely in need of spiritual inspiration and guidance from great Teachers and Philosophers.

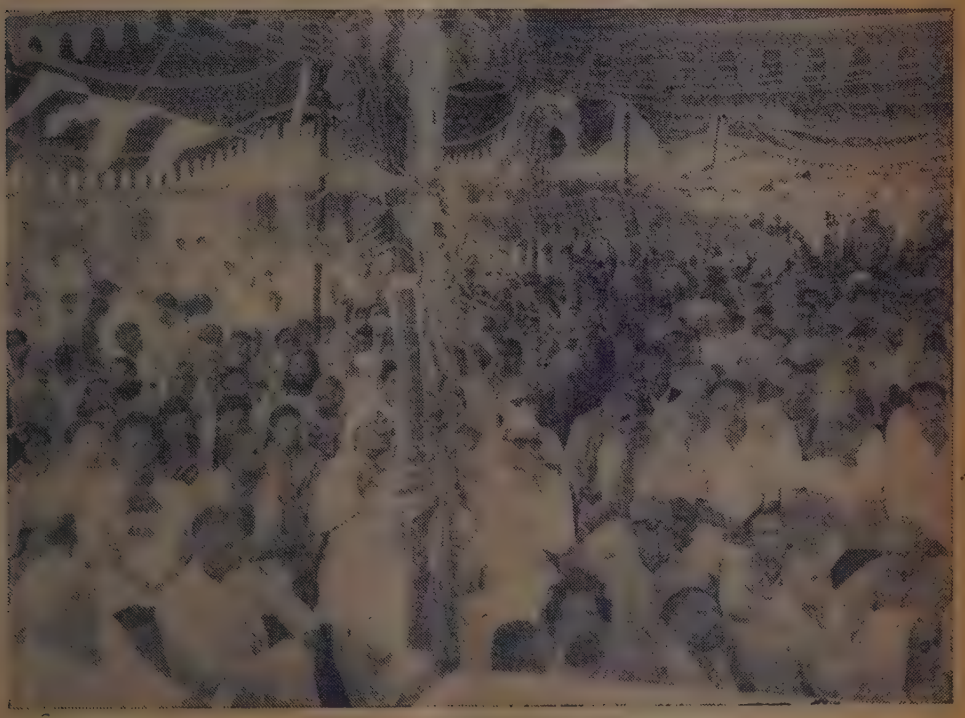
I need hardly say that, not only the members of the Society, not merely the votaries of the teachings of the great spiritual Tacher, Swami Sivananda, but also all those who have watched with interest the good work that has been done, and is being done by the Divine Life Society, will wish the Society, under the guidance of its Founder-President, many, many more years of service in the cause of humanity in general.

FRUITFUL, CREATIVE AND INSPIRING SERVICE

(Dr. Sir C.P. Ramaswami Aiyar)

It has given me great satisfaction to know that the Divine Life Society has completed twenty-four years of fruitful and inspiring work. By the promulgation of the unforgettable teachings of our seers, by the publication of a large number of interpretations and popularizations of our scriptures, and by putting on permanent record the life-work and the multi-faceted teachings of Swami Sivananda, the Divine Life Society has been performing a most useful and creative work. All those who are interested in the reintegration of Indian Society and making it fit to face the critical problems ahead of us know that Swami Sivananda and the Divine Life Society are doing a service which is difficult to over-praise. I wish the Divine Life Society a long and continued career of further usefulness.

The Governor of Uttar Pradesh, Dr. V.V. Giri, delivering the inaugural address, as H.H. Swami Sivananda, President of the Divine Life Society, listens to him.



A general view of the audience, among them Sri K.C. Reddy (with Gandhi cap), Union Minister for Works, Housing and Supply, and Dr. Sir K.S. Krishnan (with turban).

Another general view of the audience at the inaugural function of the D.L.S. Silver Jubilee.

Kumari Chandrika Devi, of the Ramani Gopal Arts Centre, New Delhi, performs a *Kathakali* number at the evening function at Sivanandanagar.

MOVEMENT TOWARDS A HIGHER AND NOBLER LIFE

(Sri R.R. Diwakar, former Governor of Bihar)

It is one of the most remarkable facts that the Divine Life Society, started by Sri Swami Sivananda, has completed its twenty-four years of service in the midst of the forces which tend to emphasize external values instead of internal graces. It is proof positive of two things: the hunger of the soul for a higher, inner life in the heart of thousands upon thousands of people, and the power of the great personality of Swamiji. Let me hope that the movement towards a higher and a nobler life in Divinity grows from strength to strength.

ALL-EMBRACING, UNIQUE CULTURAL ORGANIZATION

(H.H. Sri Swami Satyananda, Founder-President, Pure Life Society, Malaya)

It is most fitting that the members, followers and associates of the Divine Life Society should celebrate its Silver Jubilee Year in a varied and constructive way, for the Institution, though fundamentally spiritual, as we perceive it, is an all-embracing Cultural Organization, aiming at the achievement of the highest good for man, here and hereafter.

We have watched its growth and expansion with interest and admiration. Our recent visit to the Society's Headquarters at Rishikesh and personal contact with its saintly Founder-President, His Holiness Sri Swami Sivanandaji Maharaj, and his devoted disciples and colleagues, have convinced us that the Divine Life Society is a unique organization and is a haven of Ananda, towards which all should come, wending their way to realize the true purpose of life.

May Swami Sivanandaji Maharaj live long for the good of mankind! May the Divine Life Society, his bequeathal to mankind, flourish for the good of posterity!

MORAL AND SPIRITUAL UPLIFT OF THE COMMUNITY

(Dr. V.K.R.V. Rao, Vice-Chancellor of Delhi University)

It is a matter of gratification that the Divine Life Society, under the leadership of its Founder, Sri Swami Sivanandaji, has grown in stature and rendered much useful service during the past twenty-four years.

I wish the Silver Jubilee celebrations every success, and I hope that the Society will continue to serve the cause of moral and spiritual regeneration of the community for many and many a year.

AWAKENING DIVINE CONSCIOUSNESS AMONG PEOPLE

(Sri Manu Subedar, Bombay)

The Divine Life Society has played a very great part as a centre for the dissemination of spiritual knowledge, under the guidance of Sri Swami Sivanandaji. It is extraordinary that while the whole world, distracted by major wars, minor wars and cold war, is yearning for spiritual guidance and for the explanation of the phenomena of human conflict, the country, in which religion has formed through the

ages an indistinguishable part of daily life and existence, sould prohibit teaching of religion in schools. It is the duty of the Government to promote and help centres of spiritual thought, to honour those who are maintaining and spreading spiritual learning and to help in the publication of religious books containing religious knowledge.

May the Almighty God give everyone good sense and perception as to their duties. Gandhiji's role in arousing spiritual consciousness and strength has, in a manner of speaking, been taken over by Swami Sivanandaji, whose work in connection with the Divine Life Society and publication of spiritual literature, has brought credit to India and solace to thousands of seekers.

I wish all success to the Divine Life Society and to the functions organized in connection with the Silver Jubilee.

INQUIRY INTO THE TRUE MEANING OF LIFE

(Vice-Admiral R.D. Katari, Chief of the Naval Staff)

This is an age of revolutionary developments in the sphere of science and technology, and man has perfected instruments which can bring immeasurable prosperity or complete destruction to mankind. In such a climate, every thinker is enquiring more and more into the true meaning of life.

The Divine Life Society, under the great leadership of Swami Sivananda, is trying to enable man to understand this question, is fulfilling an important task in this disturbed world.

I wish the Silver Jubilee celebrations every success, and may the Society continue to guide man to appraise the unfolding events calmly and in their true perspective.

'KIRTI PRISHTHAM GIRERIVA'

(Maharshi Shuddhananda Bharati, President, Yoga Samaj, Madras)

The Silver Jubilee Year of the Divine Life Society, inaugurated by a living Giri (the Governor), in the Himagiri (the Himalayas), before the Adhyatma Giri (Swami Sivananda), shall resound the Vedic text: *Kirti Prishtham Gireriva* (glory is as exalted as the mountain summit). Let the silver moon mingle with the golden dawn to harbinger the diamond sun that shall bring a platinum day in this atomic age and transform it into an Atmic era.

Siva's heart is the throne of Love, and all humanity is bound to stand at its feet. His overflowing love and grace vibrate in the psychic plane. Let us join heart to heart, hand to hand, for the Divine Mission.

UNIQUE CULTURAL MISSION

(Sri K.B. Lall, ICS, *Additional Secretary to the Govt. of India)*

You have really planned a dynamic programme for the Silver Jubilee celebrations. This programme brings into sharp focus the unique services which the Divine Life Society has been rendering to spiritual and moral regeneration the world

over. I have found my little contact with the Society to be uplifting. I hope others similarly situated will derive and also help to spread the benefit that flows by Divine Grace through your unique Cultural Mission.

GOOD WISHES AND FELICITATIONS

The Divine Life Society has been doing useful work ever since it was started twenty-four years ago, and I am glad to send my good wishes on the occasion of its Silver Jubilee celebrations.

—Hon'ble Bakshi Ghulam Mohammad, Prime Minister of Kashmir

I wish the Silver Jubilee Celebrations of the Divine Life Society every success, and I hope that the function will achieve the object with which it is being held, and it will further the aims of the Society, and thus help in bringing peace and contentment to the human race.

—Sri Justice J.L. Kapur, Supreme Court of India

I am aware of the good work the Society is doing under the able leadership and guidance of Sri Swami Sivanandaji Maharaj. Permit me to wish your function all success.

—Hon'ble Dr. U. Krishna Rau, Speaker, Madras Legislative Assembly

I convey to all concerned my most hearty felicitations on the happy occasion of the Silver Jubilee celebrations of the Divine Life Society. I wish the celebration every success.

—Hon'ble Sri K. Raghu Ramaiah, Deputy Defence Minister

I had myself visited Rishikesh in 1956, and saw the useful activities of the Divine Life Society, both temporal and spiritual, under the guidance of Sri Swami Sivanandaji. I wish the function all success and also more and more expanded activities.

—Hon'ble Sri Manickavelu, Revenue Minister of Madras

The Divine Life Society has done wonderful work under the inspired guidance of the Founder-President, Sri Swami Sivanandaji Maharaj. The Society has been responsible for the spread of the message of peace to peoples all over the world. Swami Sivanandaji is a living symbol of the great spiritual teachings of the Vedanta. I wish the Silver Jubilee every success.

—Dr. P.T. Raju, M.A., Ph.D., *University of Rajasthan*

I have no doubt that, with the blessings of Sri Swami Sivanandaji Maharaj, the activities of the Divine Life Society will continue to grow, and that increasing numbers of people will be influenced by them. I wish the inaugural function every success.

—Dr. T.M.P. Mahadevan, M.A., Ph.D., *Madras University*

I know of the valuable work being done under the leadership of Sri Swami Sivananda, whom I have had the great pleasure and honour of meeting and knowing. I join with all the many admirers and friends in paying my homage and wishing you every success for the Society.

—Srimati Rukmini Devi, President, Kalakshetra, Madras

Sri Swami Sivananda is one of the very few Indians, who have in their persons exemplified the highest ideals of the Hindu view of life. The best way of commemorating his life and teachings is by making every endeavour to follow his example.

—H.E. Sri M.K. Vellodi, Indian Ambassador to Switzerland

It is gratifying to note that the Society has completed twenty-four years of its useful service to humanity. I wish the Society all success in its beneficent work.

—Sri B.N. Jha, ICS, *Home Secretary to the Government of India*

The Divine Life Society has done great good to mankind. I pray to God that He should give greater strength to the Society to enable it to pursue its good, godly work. You will accept my sincere good wishes.

—Lt.-Gen. S.P.P. Thorat, DSO, *G.O.C.-in-C., Eastern Command*

I offer my prayers for the success of the Mission for which the Divine Life Society stands.

—Sri K.M. Munshi, former Governor of Uttar Pradesh

I send my best wishes for the Silver Jubilee of the Divine Life Society, and deep regards to Swami Sivanandaji.

—Sri Shriman Narayan, Member, Planning Commission

I take this opportunity to convey my best wishes for the success of the function.

—Sri Raj Bahadur, Minister of State, Government of India

The programme of work outlined for the occasion should serve a very useful purpose.

—Dr. Sampurnanand, Chief Minister of Uttar Pradesh

The Divine Life Society, under the spiritual leadership of H.H. Swami Sivanandaji, has been heralding a spiritual revival throughout the world. May this Society continue to serve mankind by inculcating in them high moral, cultural, philosophical and social standards, which are most needed today in this turmoil-stricken world. I wish the Society all success.

—Hon'ble Sri S.V. Ramaswamy, Deputy Minister of Railways

Sri Morarji Desai, Finance Minister of India, sends his best wishes for every success in your celebrations.

Sri Mehr Chand Khanna, Minister for Rehabilitation and Minority Affairs in the Government of India, wishes all success to the Society.

Sri Y.N. Sukthankar, Governor of Orissa, wishes the function all success.

Sri M. Bhaktavatsalam, Home Minister of Madras, offers his felicitations to the Divine Life Society on the occasion of its Silver Jubilee, and wishes the celebrations every success.

Sri J.R.D. Tata, Chairman of the House of Tata, sends his best wishes to the Silver Jubilee celebrations of the Society.

Sri M.J. Desai, ICS, *Commonwealth Secretary in the Government of India,* sends his good wishes for the success of the celebration.

Sri M.N. Kaul, Secretary of the Lok Sabha, sends his best wishes for the occasion, and hopes that the function will be a great success.

THERE CAN BE no doubt about the great success the Silver Jubilee is going to be, for it is planned by Sri Gurudev to bring out tremendous spiritual good to the world on a large scale.

—*My Magazine of India, Madras*

Fountain of Light and Wisdom

(Srimati B. Sita Bai, New Delhi)

"When humanity gropes in the darkness of ignorance, God's Light illumines the way."

The life and the personality of a saint or a seer is a silent and serene call to humanity to come forward and follow the path of selfless service, in tune with the laws of the Infinite. Our Master, Swami Sivananda, and his Divine Life Society are well known in India and abroad for the valuable work that is being done for awakening the spiritual consciousness among struggling mankind, and thereby enabling them to find real peace and happiness. The manner in which the Silve Jubilee is celebrated shows that it is not to rejoice for a week or so but to accelerate the service of mankind for twenty-five months, spreading the knowledge of Yoga and showing the way to spiritual poise and illumination.

In these modern days, spurred by scientific research and inventions, man literally wants to soar high above the world, but, alas, succeeds in making his life more and more complex, using his creative energy more for destructive than for constructive purposes, since his aspiration to soar high in spiritual realization is hopelessly incommensurate. Every moment knowledge is getting dangerous. Bertrand Russell rightly says: "Unless men increase in wisdom as much as in knowledge, increase of knowledge will be increase of sorrow." Thus knowledge without wisdom has brought a lot of trouble, and the world is passing through a difficult period of tension and sorrow.

At this problematic moment, the efforts of the Divine Life Society in the field of awakening divine consciousness among the people and for the establishment of peace and goodwill on earth, constitute the best way of celebrating its Silver Jubilee. Sri Gurudev has infused the spirit of service in his followers, to serve humanity with dedication and devotion to God Almighty, and I wish them all success.

May the Divine Life Society serve as a Light-House to guide the ship of humanity from the storm-tossed ocean of Samsara into the harbour of divine succour, peace and illumination.

Birth of the Divine Life Society

(Sri Swami Swaroopananda, Gaya)

Men call the 'Aswattha,' which hath its boughs beneath, and roots above, the ever-holy tree. Yea! for its leaves are green-and-waving hymns which whisper Truth! He who knows that 'Aswattha,' knows the 'Vedas' and all.

—Sri Krishna, in the 'Gita,' XV.1

The Ever-Holy Tree, the Divine Life Society, is going to celebrate its Silver Jubilee.

The Divine Life Society, by the grace of the Divine, has successfully completed its first stage of existence, with "Siva" or Brahman Himself as the roots above and the boughs or his disciples beneath his protecting care. During this first stage of 24 years from 1936 to 1960, it has grown in stature and usefulness from day to day and served humanity with youthful vigour turning every event of rejoicing in service into a stepping-stone from which to take a bigger stride forward in the achievement of its aims and objects—towards its goal of Fullness or Perfection.

Now it is going not only to celebrate its Jubilee merely for the sake of jubilation but to spread itself widely into the universal family of God, humanity at large, for the sake of dynamic spiritual revival throughout the world. This Silver Jubilee, in the words of the Silver Jubilee Committee, will be a Jubilee of many celebrations, for all-round spiritual, cultural and moral regeneration, also serving as a World Peace Mission.

The Divine Life Society, the Ever-Holy Tree, has its off-shoots all over the world, with "Siva" himself as the Urdhwa-moola, linking the boughs on earth with the Heaven above. As is rightly said by the divine sage, Narada, there is no distinction between God and His representative, and Swami Sivananda is such a one. He is ever 'Tanmayah,' filled with the presence of God—ever immersed and absorbed in Him. All is, indeed, Brahman. The Divine Life Society is but an outcome of the Divine Will, and how? Listen:

It was in the first week of January 1936 that the God-intoxisated, Sankirtan Samrat (as he was known then) Swami Sivananda, along with a few disciples, was on his way back to "Ananda Kutir," his obscure abode on the bank of the holy Ganges, just after presiding over the All-India Sankirtan Sammelan at Lahore (now in Pakistan). The well-known Panjabi devotee of Kasur, who was the Secretary of Sri Krishna Prem Sabha, Bhagat Karam Chand, also accompanied "Siva's" party, by train, on his way to Ambala from Lahore, and lo! the Divine Will worked through him. As the train sped by, he requested the Sankirtan-intoxicated Gurudev to break his journey at Ambala, for the sake of spreading the name of God there. Sri "Siva" was already very much fati-fatigued, as far as his physical body was concerned, and he was inclined to refuse naturally, but Bhagat Karam Chand insisted on Gurudev hard to get down at Ambala for some rest at least. Now the Divine Will in "Siva" prevailed, and the Sankirtan-intoxicated Swami replied: "Well, arrange for one week's non-stop (Akhanda) Sankirtan immediately." Instantly came the reply from Bhagat Karam Chand: "Please get down, and we will have it started this every evening." The God-intoxicated "Siva," ever absorbed and merged in God's name, then detrained at

Ambala Cantonment, with his own little band of disciples.

The people of Ambala lustily cheered him, for, though having no organization of his own at that time, he was well known among the devotees of the Lord, and we felt as if the masses had gone mad in divine ecstasy. Then the week-long, non-stop chanting of "Hari Nam" commenced, not by some selected few, but by thousands, both men and women, boys and girls, most of them living on restricted fruit diet during the period.

The unprecedented, exemplary way of conducting non-stop mass Sankirtan for full one week could not but attract the notice of one and all, not only in the town, but in the whole of Panjab.

Now, it was in this atmosphere of sacred ecstasy that "Siva" remembered all of a sudden his Postal Cash Certificates of Rs. 5000, the interest money of which he was spending in purchasing milk, curd and barley for the ailing, poor Sadhus at Rishikesh. Gurudev wanted to utilize the whole amount in the best possible way to serve the world on a wider scale. He had earlier proved himself quite adamant in acceding to any such request from his disciples to build a Kutir, or start an organization, or an Ashram for his own use. However, as the Divine Will would have it, at this very moment of non-stop 'Hari Nam' Sankirtan, he instantaneously had a flash, as it were, and took steps to have a Registered Trust constituted at the magistrate's court there. "Siva" wanted to have it done "now or never," a principle which has ever stuck on to his divine life!

Immediately, the same night, Sri Ram Agarwal, a local lawyer, also a devotee of Gurudev, briefed him about the rules and regulations, and a draft was then and there made. The next morning saw the birth of the Divine Life Trust, at the Ambala Cantonment Court, on the 13th January, 1936, as the legal body of the Divine Life Society.

Now it is for the members, the well-wishers and all the devotees associated with the Divine Life Society to prove themselves true to their solemn aspiration towards truth, love and purity, and strive their best to attain the highest goal of divine life, as well as disseminate the message of the Lord as widely as possible.

May the Divine—Truth is one, the wise call it variously—shower its choicest blessings on the glorious instrument It acts through!

DISTINGUISHED SERVICE IN SPREADING SPIRITUALITY

(Hon'ble Sri D.P. Karmarkar, Union Minister for Health)

The Divine Life Society, under the inspiration and guidance of His Holiness Sri Swami Sivanandaji Maharaj, has rendered very distinguished services towards the cause of spreading spirituality in India and abroad. The Society has to its credit many precious philosophic and other publications, and thousands of devotees have derived inspiration from Swamiji and the Society. I have great pleasure in wishing the Society continued success in its career for the service of Janata Janardan (God in the form of the masses).

Temple of Learning and Service

(Dr. Chou Hsiang-Kuang, Ph.D., Allahabad University)

The Divine Life Society has been serving the people all over the world under the guidance of His Holiness Swami Sivanandaji Maharaj. Gurudev Sivananda's teachings, no doubt place all aspects of human life in a new perspective. Gurudev is one of the very few great souls like Confucius, Lao-Tze, Jesus Christ, Buddha and Sankaracharya, who delved into the primary source of life and the universe, in order to find out their true meaning and purpose. He does not see merely a part of the world, or just a part of human life or knowledge; he possesses such a breadth of vision, profundity of feeling, and strength of intellect and will, that his teachings and actions fundamentally change human outlook on religion and philosophy; they powerfully affect the generally accepted narrow attitudes and beliefs, and lead us along a new path, as it were.

Gurudev is in tune with the 'Sermon on the Mount' of Jesus Christ and is himself a light which reveals several things we did not see before. He is a fountain-source, from where heavenly waters of knowledge and wisdom flow, and through the example of his life many come to live a new existence.

It is very clear that, under the wise guidance of Sri Gurudev, the Divine Life Society will remain a true Temple of Learning and Service and its members will continue to enhance its prestige in future.

Long live Sri Gurudev Sivananda! Long live the Divine Life Society! Long live the Yoga-Vedanta Forest Academy!

A Vision of Divine Life

(Sri K.S. Ramaswami Sastri, Madras)

The Silver Jubilee celebration is not only an occasion for jubilation but also an occasion for rejuvenation. The Divine Life Society was founded by Gurudev in 1936 and has innumerable branches in all the countries of the world. It was founded to inspire men and women everywhere with a vision of the Life Divine.

In chapter XVI of the *Bhagavad Gita* Bhagawan Sri Krishna contrasts 'Daivi Sampat' (divine life) with 'Asuri Sampt' (undivine life), and says that the former leads to spiritual liberation, whereas the latter to bondage. Gurudev says: "Systematically, to carry on the Divine Mission on a large scale, I established the Divine Life Trust Society in 1936." (*Autobiography*, P. 55) He points out: "The aims of the Divine Life Society are: (1) to have Self-realization through Yoga; (2) to regenerate the youth through Yoga Asana, Pranayama and ethical training; (3) to disseminate the knowledge of Rishis and Yogins, far and near; and (4) to develop universal brotherhood and cosmic divine life." (*Autobiography*, Ps. 77, 78)

I am very much devoted to the Divine Life Movement and its holy Founder, Sri Gurudev Sivananda. I wish the Silver Jubilee celebrations all success.

Divine Life is a practical expression of the spiritual aspiration within.

The Divine Life Society in Perth

(Dr. R.T. Werther, Perth, Australia)

When I left Rishikesh in December 1955, Swami Sivananda placed his hands on my head and asked me to return to Perth, and form a Branch of the Divine Life Society.

I had never done a similar work and started quite unknown in that field, but strangely I received a call from the University of Perth to give ten lectures on Yoga, which I accepted with great trepidation. But before the first lecture, a postcard from Swamiji arrived saying:

"HAVE NO FEAR, WERTHER!"

And, indeed, the lectures were attended by nearly a hundred scholars, and I found the words without difficulty. The last two lectures were crowned by the timely arrival of Swami Vishnudevananda, a direct disciple of Swamiji, who created a sensation during his two weeks' stay in Perth and brought enough people together to start regular classes in Hatha Yoga as well as monthly Satsang meetings, lectures on Vedanta, *etc.*, conducted by me.

Swami Vishnudevananda trained three able teachers for the Hatha Yoga classes before he left. Last year, in the second year of our existence, Sir Paul Dukes, a well-known Western Yogi came to Perth, having visited Sivanandashram in Rishikesh, who created another impulse for Yoga among the public here. He visited our classes and meetings, and was so impressed that he asked to become a member of the Divine Life Society of Perth.

Now this year we have started with an overwhelming success—five classes per week with over a hundred people attending regularly Hatha Yoga classes, and a full house for the monthly spiritual meetings. Whose work is that, if it is not Swamiji's power acting through all of us?

The Divine Life Society of Perth is now well-known in West Australia, and I foresee *its* glorious future during the years to come.

ONE WHO IS AN INSTITUTION BY HIMSELF

(Sri Swami Venkateswarananda, Arogya Ashramam, Madras)

The Divine Life Society, founded by H.H. Swami Sivananda Guru Maharaj twenty-four years ago, has done 24 decades of service, as it were, for the spiritual advancement of the people, not only in India but also overseas. Just as Sri Rama appeared in Treta Yuga and Sri Krishna in Dwapara Yuga, Swami Sivananda has appeared in Kali Yuga, and just as we could follow in the footsteps of Rama and Krishna, we could also follow Sivanandaji's words and deeds. In the company of the Guru, God speaks to those who could hear Him. Swamiji's affection for humanity spreads like a spiritual infection and leads many people to perfection. It is no easy thing to put a Society on such a solid foundation in a short time. Now that Swamiji, an institution by himself, has created an organization, with lofty ideals, and run it successfully for two decades and a half, the mission is sure to function for many, many years to come. We pray for the continued success of the manifold activities of the Divine Life Movement under Swami Sivanandaji's guidance and grace.

Towards Cultural Resuscitation

(Sri N.C. Ghosh, M.A., Calcutta)

The Divine Life Society will complete the 25th year of its existence in April 1961. From very humble beginnings it has grown considerably in size and importance and is now recognized as an effective centre of cultural education. The Society, under the sage leadership of the Founder, the illustrious Swami Sivananda, has attracted the attention of the intelligentsia, not only of India, but in numerous other countries. The Society is thus an important medium for the promotion and propagation of Indian culture and seeks to establish cultural relations between India and other countries with a view to developing mutual understanding and goodwill.

Indian culture is based on the spiritual principle of unity in diversity. Forgetting the central principle of her culture, India is at present passing through one of the most critical periods in her cultural history. For its resuscitation it is urgent that she should once again stand firmly on the bedrock of her own distinctive spiritual heritage. As a contribution to this end, the Divine Life Society plans to carry out a dynamic cultural campaign during its twenty-five-month-long Silver Jubilee celebrations.

The significance and the importance of introducing a world-wide cultural and moral regeneration campaign cannot be overemphasized, as our great Prime Minister has rightly said "there is nothing that the world needs today more than mutual understanding." More than a hundred thousand foreigners come to India every year now, not only as tourists, but also as businessmen, scholars and delegates to conferences. We must welcome these friendly visitors from abroad, not only for economic reasons—for tourism brings foreign exchange—but even more so because this leads to greater understanding and mutual appreciation. More than political and other meetings, spiritual conferences are of paramount importance now.

Sri Swami Sivanandaji's philosophy and teachings provide an answer so compelling that those who practise them come out of their shells of selfishness, their lower nature, and breathe the air of spiritual grace through the unfoldment of their higher nature. It is essential that these teachings and philosophical perspectives are propagated and brought to the notice of as many as possible, so that all may realize their essential bond of spiritual brotherhood, and live up to that spirit. The Yoga of synthesis, as taught by Swamiji, is what is needed to be practised throughout the world today.

CONCENTRATION AND MEDITATION

This is one of the most outstanding works of Sri Swami Sivananda (revised and enlarged second edition) on a very fascinating subject, the detailed analysis of, and the practical instructions on, which are sure to be very helpful to all spiritual aspirants. (Rs. 10 per copy, postage extra)

SARVA GITA SARA

Here is given the essence of the teachings of various "Gitas" which are to be found in the Hindu scriptures, and which basically deal on the spiritual aspiration of life. (Text and translation; Rs. 5 per copy)

Sivananda Publication League, P.O. Sivanandanagar, Rishikesh, U.P.

Heralding a Much-Needed Spiritual Awakening

(Sri A.K. Sinha, retired Inspector-General of Police, Patna)

I heartily congratulate Sri Swami Paramananda Saraswati, the dynamic organizing genius of Sivanandanagar, on the initiative that he has taken in regard to the Silver Jubilee celebrations of the Divine Life Society. This great institution, like its illustrious Founder, His Holiness Mahamandaleshwar Sri Swami Sivananda Saraswati, is known all over the world, and is, indeed, heralding a much-needed spiritual reawakening. There is hardly a country where it has not at least one flourishing Branch, to lead its members, slowly but steadily, to the great human goal of Self-realization.

'Spiritual reawakening' does not mean the propagation of a particular cult or creed; it is universal in the correct sense of the term. It is true that His Holiness is a Hindu, but a true Hindu, I would venture to suggest, cannot but be a true Christian and a true Muslim. Swamiji is one of those modern sages who have made many followers from among the ranks of all the leading religions of the world, who realize that there is but one God for all, as taught by Christ or Mohammad, Zoroaster or Buddha, Krishna or Jehova. No wonder that even amongst Christian padres, who would not perhaps look at any religious literature which has not been approved by His Holiness the Pope, there are to be found some who do not hesitate to admit that the Great Swami has brought them nearer to their own Christ.

Similarly, there are innumerable Muslims, Buddhists and Parsees, who have as much faith in the sanctity of the Swami's holy dicta as the most enthusiastic amongst the Hindus. His Holiness has written more than three hundred books, in English, on a variety of spiritual subjects, calculated to improve the spiritual outlook of every human being, whatever his religion or avocation. I have been a member of the Divine Life Society for more than 20 years and I cannot refrain from expressing my wonder, like so many others, at the extraordinarily varied nature of Swamiji's selfless activities. What he has done or is doing can be achieved only by a God-man, or, shall I say, a superman, for I do not know of any one else, modern or ancient, however intellectually great, who has done even half as much.

We have several Branches of the Divine Life Society in my home State of Bihar, but I have no hesitation in confessing that their achievements are nothing in comparison to what many Branches in South Africa, Europe and elsewhere have been able to achieve. It is, therefore, meet and proper that the Silver Jubilee celebrations should be world-wide and on a scale that might impress those who have not yet joined the Society, with what it stands for, and also make its existing members take stock of their past activities and help them in focussing attention on the directions from the Headquarters, wherever it may be needed. Long live Swami Sivananda and the Divine Life Society!

WHAT BECOMES OF THE SOUL AFTER DEATH ?

In this work, Sri Swami Sivananda deals on a very intriguing subject, and gives an interesting account of the postulations of the Hindu theology pertaining to it. (Revised and enlarged fifth edition; Rs. 3 per copy, postage extra)

Sivananda Publication League, P.O. Sivanandanagar, Rishikesh, U.P.

Landmarks in the History of the Divine Life Society

13th January 1936: Divine Life Trust Society was registered at Ambala Court.

1st September 1938: *Divine Life* magazine started.

29th January 1939: Sivananda Publication League established.

16th April 1939: Divine Life Society was registered under the Societies' Registration Act XXI, of 1860, of the Government of India, at Lahore.

3rd December 1943: "Akhanda Mahamantra Kirtan" started at Sivanandashram, which still continues.

31st December 1943: Viswanath Mandir consecrated.

6th May 1945: Sivananda Ayurvedic Pharmaceutical Works established.

28th December 1945: All-World Religions' Federation constituted.

19th February 1947: All-World Sadhus' Federation constituted.

8th September 1947: Diamond Jubilee of Swami Sivananda celebrated.

1st June 1948: Sannyasa Silver Jubilee of Swami Sivananda observed.

1st July 1948: Yoga-Vedanta Forest Academy established.

September-November 1950: Swami Sivananda undertook an All-India-Ceylon Tour, on a mission of dynamic spiritual awakening.

December 1950: Sivananda Charitable Dispensary was upgraded as Sivananda General Hospital.

20th September 1951: Yoga-Vedanta Forest Academy Press established.

3rd to 5th April 1953: "Parliament of Religions" held at Sivanandanagar.

9th January 1956: Sivananda "Regalia" was opened.

June 1956: Sivananda Eye Hospital was established, which moved to its newly-constructed building in January 1957.

8th September 1956: Sivananda Mandir consecrated.

8th September 1958: Sivananda Literature Institute established.

3rd April 1960: The Silver Jubilee Year of the Divine Life Society inaugurated.

ONENESS OF ALL THAT IS REAL

(Sri J.G. Phelps Stokes, New York)

In my view, Swami Sivananda and the Divine Life Society have done an increasingly wonderful work throughout the world, especially in East Asia, in familiarizing people, everywhere, with the concept of the ONENESS OF REALITY, of the Oneness of All that is REAL!

Of course, illusions, misunderstandings, *etc.*, are not real in any true sense, but All that IS is real—manifest or unmanifest. Swami Sivananda and the Divine Life Society, and the other organizations functioning under his auspices, are rendering marvellous service to the one God (by whatever name that one God may be called by the various peoples of the earth), and that appears to be true outstandingly!

That all glory may be to that one God, is my inmost prayer, as I know it is similarly the inmost prayer of Swami Sivananda, and of all those who see the Truth as he sees it so outstandingly!

Silver Jubilee of The Divine Life Society

The third of April, 1960, was, indeed, a memorable day in the annals of the Divine Life Society, for it was on this bright and warm Sunday afternoon the celebrations of the Silver Jubilee Year of this world-wide organization were inaugurated by the Governor of Uttar Pradesh, Dr. V.V. Giri.

As it is well known, the criterion of the Silver Jubilee celebrations is to effect a dynamic revival of the spiritual and cultural values as widely as possible through missionary activities at the Headquarters of the Divine Life Society, in its Branches and elsewhere, on the basis of non-sectarian, fundamental principles which are characteristic of this institution.

The architect of the Silver Jubilee Programme is Swami Paramananda, one of the seniormost disciples of Sri Swami Sivananda, through whose instrumentality, it may be recalled that, the World "Parliament" of Religions was convened at Sivanandanagar, on the same third of April, in 1953.

The premises of Sivanandanagar had put on a festive appearance from the 2nd April itself, when the beginning of the 42nd All-India Yoga-Vedanta Conference coincided with the Silver Jubilee celebrations. Visitors from all over the country had begun streaming in, and there were many welcome arches, festoons and bunting, and multicoloured arrays of electric bulbs to add to the festive appearance of the place at night.

GOVERNOR'S ARRIVAL

A massed band was on attendance at the Rishikesh railway station platform on the morning of 3rd April, when the 9.40 train, with the Governor's saloon, steamed in. The red carpet had been rolled out to receive the distinguished guest who was warmly greeted by the senior members of the Ashram and the district officials, as he alighted from his saloon.

The motorcade of the Governor and party sped through Rishikesh and reached near the Kutir of Swami Sivananda at 9.50, as the venerable saint cordially welcomed Dr. V.V. Giri and Mrs. Saraswati Giri A song of welcome was sung by a party of devotees from Dehra Dun, whereupon the Governor and his family members had breakfast with Swamiji in his Kutir.

The main inauguration function had been arranged at the Bharat Mandir College compound, at Rishikesh, under gay-coloured large canopies, in order to facilitate the accommodation of a large number of people.

After his lunch with Swamiji at the Ashram's *Satsang Bhavan*, Dr. Giri and family went to the PWD Inspection Bungalow at Rishikesh for a brief rest. Swamiji paid a return visit at the Inspection Bungalow at 2.45 in the afternoon, and attended a private tea party. Soon after the Governor and Swamiji, accompanied by the members of their *entourage*, drove to the Silver Jubilee celebration pandal, where the function began with prayers by Srimati Vanibai Ram, Producer of Music in the Delhi station of All-India Radio.

SILVER JUBILEE INAUGURATED

The opening prayers were followed by a recital on the *veena* by Swami Vidyananda and party, whereupon Sri Umrao Singh and party, of the AIR, Delhi, gave a recital on *shahnai*.

In the address of welcome to the Governor, which was read by Swami Venkatesananda, the members of the Divine Life Society said: "The spirit of selfless service that moves the Society in its world-wide activities, can best be appreciated by your Excellency, whom we regard as one of the dynamic, selfless leaders of our country." (The full text of the address

of welcome is published on the third cover of this issue.)

Then Dr. Giri inaugrated the Silver Jubilee of the Divine Life Society, with an excellent, thought-provoking address.

Press Trust of India representative, Mr. Sethuraman, adds: The Governor referred to the growth of material prosperity in countries like the USA and Russia, and, stating that moral rearmament was as important as military disarmament for real, effective happiness for humanity, remarked, "Materialistic craze and and desire for world's goods will take us downhill in the path of moral progress, resulting in frustration, and prevent an individual from having peace of mind and contentment."

Dr. Giri congratulated the Divine Life Society on its 24 years of work in the service of humanity and described its founder, Swami Sivananda, as "a great thinker, speaker and a religious and social leader of the highest order."

Swami Sivananda's life-work was too well known to the people, not only of this country, but abroad as well, and the secret of his attraction was his universal love and generosity of his heart which was completely pure and utterly selfless, Dr. Giri said.

(The full text of the Governor's inaugural address appears on pages 81-84 of this issue.)

SPIRITUAL LEARNING

After Dr. Giri's speech, Sardar Surjit Singh Majithia, Deputy Defence Minister of India, told the gathering that the teachings of Swami Sivananda were synonymous with those of Guru Nanak. He pointed out that both were agreed that one's happiness lay in the proper control and conditioning of the mind, and the best way to do it was to offer the mind to the Guru. Sardar Majithia said that the essence of Swami Sivananda's and the Sikh Gurus' teachings was true religion which meant humility and universal brotherhood.

Dr. Sir K.S. Krishnan, eminent scientist and Director of the National Physical Laboratory, New Delhi, said: "Swamiji is dear to us, and the Divine Life Society is dear to us, too; they represent a tradition." He quoted extensively from the *Upanishads* to prove that tradition consisted in (1) recognizing that knowledge was infinite and one could never cease from learning, (2) that secular education and spiritual learning were both needed to bring about an integrated personality in man, and (3) that the ancient Indian seers regarded study and dissemination of knowledge itself as a great and necessary austerity. He had no doubt that the Ashram, which had a collection of thinkers, would meet with fresh triumphs in its mission.

THE LIFE DIVINE

Swami Sivananda, in his address, asked the people to devote themselves to spiritual contemplation, sing the praise of the Lord, do selfless service to humanity, and thus "enter the heart of the Eternal." He said that mere study of Vedanta did not make one a Vedantin. It was only selfless service that would lift you, and fill your heart with a new spirit, new energy and new dynamism."

"Even kind and sympathetic words constitute service," said Swami Sivananda, and advised the audience: "Spiritualize your activity. Whatever you do, offer it to the Lord. Try to rectify your mistakes and develop positive virtues such as patience, purity, simplicity and generosity."

Swami Sivananda paid glowing tributes to his energetic disciple, Swami Paramananda, for organizing the Silver Jubilee celebrations, and also extolled his instrumentality in building up the Divine Life Society and making some of the memorable events in its annals a

remarkable success. He then thanked the Governor for inaugurating the function and all those who had been good enough to participate in it.

SPIRIT OF VEDANTA

Swami Nirmalji, the noted Vedantin of Amritsar, said that Swami Sivananda had rightly stressed upon the practical aspect of Vedantic Sadhana. The message of Vedanta was of vital importance to world peace and universal welfare. Man was primarily concerned with what belonged to him and not "what he himself *is*." Unless one tried to realize one's essential divine nature, one could not expect real happiness in life, Swami Nirmalji continued, and said that the gospel of Vedanta could transform one's life, and towards the dissemination of this great gospel Swami Sivananda has been untiringly striving.

The function came to a close with a vote of thanks by Major-General A. N. Sharma, retired Director of Medical Services, Indian Army, who said that he found it amazing to observe the growth of the activities of the Divine Life Society in a short span of time, under the leadership of Swami Sivananda.

Most of the proceedings of the inaugural function were recorded by the AIR newsreel representative, Mr. Rastogi.

The Governor and party left Rishikesh at 7.30 in the evening, after dinner with Swamiji at the Ashram. Earlier, at 5.45, the authorities of the Bharat Mandir gave a tea party to the distinguished guests.

Messages and greetings for the inauguration of the Silver Jubilee Year of the Divine Life Society were received from various parts of the country and abroad—from eminent and common people, from the members and the Branches of the Society. Among them were Union Cabinet Ministers, Governors and Chief Ministers of the States, public leaders and heads of religious institutions. (Many of such messages have been included in this issue.)

At the night functions at Sivanandanagar, on 2nd and 3rd April, there were special music and dance performances as well as discourses appropriate to the occasion. Dance-dramas, in Kathakali style, were performed by Sri Keshavan Namboodiri and Kumari Chandrika Devi, of the Ramani Gopal Arts Centre, New Delhi, under the direction of Guru Ramani Gopal, on both the days. The themes were : "Navarasa," "Sari Lasya," "Hunter Becomes Sage," "Swarga Varnana" and "Bhasmasura Mohini."

On the 3rd night, Srimati Sankari Ganesh, directrix of Natesa Mandiram, New Delhi, rendered a full repertoir of *Bharatanatyam*, beginning from *alarippu* and concluding with *tillana*.

Sri Rajamani Iyer, principal of Sivananda Sangita Vidyalaya, New Delhi, gave violin recitals of *Karnatik ragas*, while Srimati Sita Mani, also of New Delhi, gave vocal recitals in the same style.

Sri Satyanarayana Murty spoke on 2nd and 3rd night functions, on comparative philosophy and Indian culture.

An art gallery in glass-case panels in *Satsang Bhavan*, containing a number of colour-portraits of Swami Sivananda, was on view.

Among those who attended the Silver Jubilee celebrations were : Hon'ble Sri K. C. Reddy, Union Minister of Works, Housing and Supply, and Mrs. Reddy; Srimati Lakshmi Raghuramaiah and Srimati Varalakshmi Rao, New Delhi; Sri Bhandarkar, formerly Law Secretary to the Government of India; Sri Chaturbhujdas Chimanlal, Ahmedabad; Sri B. L. Kuthiala, Dehra Dun; Sri T. Elumalai, Madras; Sri V. V. Nair, Kuala Lumpur, Malaya; Sri Maganlal K. Chauhan, Que Que,

Southern Rhodesia; Miss Sylvia Heck, Montreal, Canada; Sri Vishnu Maharaj, George Town, British Guiana; Mrs. Rita Ruprecht, Berne, Switzerland; Dr. Sushila Vighnay, Surendranagar, Saurashtra; Sri Roshan Nathji, head of the Nath Sampradaya, Jammu; and Dr. B. G. Adhwaryoo, Virnagar, Saurashtra.

The Silver Jubilee Executive Committee wish to place on record their grateful thanks to Dr. V.V. Giri for kindly inaugurating the function and for agreeing to be a patron of the Silver Jubilee Programme; to Sri Ananthasayanam Ayyangar and Sri Gulzarilal Nanda, the two other patrons; to all the members of the Governing Council; to Dr. K.S. Krishnan, Sardar Surjit Singh Majithia, Swami Nirmalji Maharaj, Srimati Vanibai Ram, Major-General A. N. Sharma, and Dr. B. G. Adhwaryoo, for participating in the celebration programme; to Sri K. C. Reddy, Mrs. Saraswati Giri, Mrs. Raghuramaiah and others for graciously attending the function; and to all those who have so kindly helped the committee in various ways for making the occasion a success.

Other Items of Ashram News

YOGA-VEDANTA CONFERENCE

The 42nd All-India Yoga-Vedanta Conference, also known as the 42nd Divine Life Sadhana Weekend (it was inadvertently announced as 41st in the series, in the previous issue), was held at Sivanandanagar on April 2, 4 and 5. The main features were common prayers, Japa and meditation in the early morning, followed by a class on Yoga exercises; forenoon and afternoon sessions, when discourses on the main four Yogas were given: and night Satsanga, which included devotional music and spiritual instructions by Mahatmas and aspirants.

During the afternoon session, on April 2, the 24th annual General Body Meeting of the Divine Life Society was held under the presidentship of Major-General A. N. Sharma (retired), the seniormost member present. Swami Krishnananda, Officiating General Secretary of the Society, read out the minutes of the preceding General Body Meeting and the Annual Report of 1959-60, after which he announced the names of the members of the Governing Body for the year 1960-61.

Among those who spoke on the occasion were: Major-General Sharma; Swami Swaroopananda of Bihar, and Swami Atmananda of Gujarat, two of the seniormost disciples of Sri Swami Sivananda; Swami Narayanananda, of Durban, South Africa; and Dr. Sushila Vighnay and Dr. B. G. Adhwaryoo, of Saurashtra.

The subjects discoursed upon at the Yoga-Vedanta Conference were: Spiritual Ideal of Life, Yoga of Synthesis, Karma Yoga, Bhakti Yoga, Raja Yoga, and Vedanta philosophy.

Among those who spoke at the Conference were: Swamis Jyotirmayananda, Iswarananda, Vasantananda, Omtatsatananda and Swaroopananda.

On April 5, the Ramanavami was celebrated with a special worship and Havan at the Viswanath Mandir (wherein also are installed the *vigrahas* of Sri Rama, Janaki, Lakshman and Hanuman). A Satsanga was held to mark the occasion, when discourses on the *Ramayana* and the *Yogavasishtha* were given by Swamis Omtatsatananda, Ishwarananda and Jyotirmayananda.

SIVANANDA EYE HOSPITAL

A total number of 8, 955 outdoor and indoor patients were treated at the Sivananda

Eye Hospital, and 423 major and minor operations performed by the eye-surgeon-in-charge, Dr. Swami Hridayananda, during the last year.

AYURVEDIC MEDICINES

The Sivananda Ayurvedic Pharmaceutical Works has distributed its preparations, free of cost, valued at Rs. 13, 717, in the year 1959. The average number of patients treated here (under the Ayurvedic system of medicine) was 335 per month, the total being 4,020, approximately, for the last year.

NEW ALTAR IN BHAJAN HALL

The *vigraha* of Lord Shanmukha was reinstalled on a newly-constructed altar in the Ashram's Bhajan Hall, on March 10, when a special ceremony of worship with *Kumbha Abhisheka* and Sankirtan and Bhajan, was held. Daily worship continues to be offered here.

DISCOURSES, MUSIC AND DANCE

Among those who were specially invited to give discourses at the night Satsanga in the month of March were: Swami Satchidananda, a distinguished Mahatma of Rishikesh, who gave an erudite lecture on the "path of spiritual realization" on March 21; Swami Ramananda (Sri Alfredo Walkmesiter), of Switzerland, who spoke on a few occasions on the importance of the practic of Yoga in the West, the spirit of renunciation, and the role of the Avatara; and Sri John Smith Hislop, of Los Angeles, who spoke on the process of meditation on March 26.

Sadhu Murugadas, a famous Sankirtanist from South India, sang a number of inspiring devotional songs and did Sankirtan, on March 14.

Srimati Sankari Ganesh, of New Delhi, gave a performance of *Bharatanatyam*, on March 13.

OBITUARY

Dr. D. K. Viswanathan, a prominent disciple of Sri Swami Sivananda, who has done so much to spread the message of the Master in South-East Asia and in Switzerland, and who was the senior WHO Regional Adviser for Malaria, attained Mahasamadhi on March 27, in Madras. He was 60. When he was the Deputy Director of Public Health, in the Govt. of Bombay, Dr. Viswanathan came in contact with Swamiji, and was the latter's host at Poona in 1950, when, in the course of his All-India Tour, Swamiji visited that city. He retired from the Bombay Govt., as Additional Director of Public Health, before joining the World Health Organization, in 1955. May his soul rest in peace.

VISITORS

The following were among those who visited the Ashram during the month of March:

Hon'ble Sri Ananthasayanam Ayyangar, Speaker of Lok Sabha, Sri K. Srinivasan, Joint Secretary in the Union Ministry of Law; Sri K. C. Barua, Secretrry to the Government of Assam; the Ambassador of Switzerland in New Delhi, who was accompanied by a Consul of his Embassy; Sri Baburao Patel, Editor of *Filmindia*, Bombay; Sri James Wardlaw, San Francisco, U S A; Dr and Mrs Jayachandran, Valparai, Madras; and Sri S. K. S. Rajamani Nadar, Tuticorn, Madras.

Sri Swami Sivananda received a group of 16 trainees of the All-India Handicraft Board, and a batch of 25 employees of the Office of the Controller of Defence Accounts (Air Force) Dehra Dun.

Among the new visiting Sadhaks, who stayed at the Ashram in the month of March, were: Sri V. V. Nair, of Kuala Lumpur, Malaya; Sri Maganlal K. Chauhan, of Que Que, Southern Rhodesia; and Sri Sylvia Heck, of Montreal, Canada.

D.L. Society News from Outstations

SWAMI CHIDANANDA IN CALIFORNIA

The following write-up on Swami Chidananda, who had arrived in Los Angles, Calif., towards the end of February, from Milwaukee, Wis., appeared in *Los Angeles Examiner*, one of the Hearst Group of newspapers:

" As you talk with (Swami Chidananda) at the East-West Cultural Centre, he reveals the *what* and *why* of Yoga. First, he says, Yoga is not a religion. It is closely identified with Hinduism because it was developed by Hindus thousands of years ago. Its practice is an attempt to purify the self and achieve union with God.

"Thus Yoga transcends religion, he explains, and is valid for anyone who believes in God, and that God may be the God of any religion or of none. Chidananda himself believes that all religions are valid.

" There are four approaches in Yoga, but the central aim, union with God, is common to all of them. The approach a person should accept, the Swami says, is determined by his personality."

Swami Chidananda gave a series of lectures on the spiritual culture of India and the different approaches to Yoga at various places in Los Angeles. He visited a centre of the Self-realization Fellowship at Encinitas, Calif., where he was the guest of Sister Daya Mata, President of the SRF. His lectures in Los Angeles are being printed in book-form, according to a report from one of his associates in the USA.

On March 7, Swami Chidananda left for San Francisco, where he has been fulfilling many lecture programmes and conducting meditation and Yoga exercise classes at different places till the middle of this month, whereupon he was expected to proceed to Montreal, Canada.

SIVANANDA YOGA-VEDANTA CENTRE IN MONTREAL

With the opening of the new Headquarters of the Sivananda Yoga Vedanta Centre at 2029 Stanley Street, in Montreal, Canada, the holding of daily Yoga classes by Swami Vishnudevananda has been systematized under three groups. The Sunday prayer and study meetings continue to be held as usual, and private lessons and consultations are also arranged by appointment. At present 200 students, on the average, are being trained by Swami Vishnudevananda. They come from various walks of life. Even Catholic priests receive lessons in Yoga.

A very interesting feature of Swami Vishnudevananda's activity in Montreal is his regular visits to the Alexandra Hospital for treating polio patients through Yoga exercises. *The Montreal Star* reports :

" Yoga breathing and exercises for polio patients are the latest in rehabilitation therapy now being tried at the Alexandra Hospital. This is not an attemt to replace standard rehabilitation treatment, but an experiment in additional therapy, says Dr. Ernest M. Worden, Physician-in-charge.

" According to Dr. Worden, apart from (the Yoga therapy's) potential medical value, it has no doubt a moral value, as it instils new hope in a patient and breaks the monotony of hospital convalescence.

" As far as Yoga as a religion or a way of life was concerned, Dr. Worden said that they were not trying to make Yogis out of their patients but hoped that the methods would be useful to them.

"To bring the potential of Yoga as a means of rehabilitation to the attention of Dr. Worden was Mr. Norman J. Dawes, President of the Alexandra Hospital. Agreeing with him was Dr. Ian Kent, a Montreal psychiatrist."

Swami Vishnudevananda is expected to visit Sivanandanagar towards the end of this month.

EUROPEAN DIVINE LIFE SOCIETY

The European Divine Life Society at Trogen, Switzerland, has given a beautiful pictorial and descriptive account of the visit of a batch of tourists to Sivanandanagar, Rishikesh (which was sponsored by it, in January-February), in the latest edition of its periodical, *Synthese*.

The EDLS has been silently but effectively and enthusiastically carrying on the dissemination of Swami Sivananda's teachings in Europe, particularly in French and German languages. During the last year, it has published twelve Yoga Courses, entitled : *Yoga and Self-realizaiion; Practical Yoga of Swami Sivananda; Master and Initiations; Light, Power and Wisdom; Fourteen Lessons on Raja Yoga*, in two volumes ; *Kundalini Yoga*, in three volumes; and *What Becomes of the Soul After Death*, in two volumes.

The EDLS has also published the French translation (by Princess Arenberg) of Swami Sivananda's *Nectar Drops*, which was titled *Sivananda Amritam*. It sent a total of 35 messages, containing the essence of Swami Sivananda's teachings to its members, and published a Yoga Course in German, entitled *Yoga of Divine Life*.

Gurudev Swami Sivananda wishes to put on record his great appreciation of the valuable work being done by Sri Sivananda-Margarita, together with her associates of the European Divine Life Society, from Trogen (App.), Switzerland, in the field of the dissemination of spiritual knowledge.

YOGA LECTURES IN BERLIN

Sri Narayan W. Saraf, Director of the Sivananda School of Yoga in Hamburg, West Germany, who has translated and published the German {editions of Swami Sivananda's *What Becomes of the Soul After Death* and *Sivananda Yoga* (a compilation from *Essence of Yoga* and other works), arrived in Berlin on March 19, where he gave public lectures and lessons in Yoga. His main lecture was at the Free University of West Berlin, which was supplemented by a demonstration of some Yoga exercises, and attended by a large and enthusiastic audience.

SIVANANDASHRAM IN FRANCE

Swami Ananda (Sri Paul Guerillot) has opened a Sivanandashram at 76 rue de Petit Vaux, in the town of Epinay sur Orge, Seine et Oise Province, France.

SIVANANDA CULTURAL ASSOCIATION, NEW DELHI

Kumari Tara Ramaswamy gave a benefit performance, arranged by the Sivananda Cultural Association, at the Constitution Club, in New Delhi, on Frbruary 28, in aid of furthering its building-construction scheme. Among those who attended the dance performance were Sardar Surjit Singh Majithia, Deputy Defence Minister; Acharya J. B. Kripalani, a leader of the Opposition ; and Srimati Rameshwri Nehru, a noted social worker. Srimati Lakshmi Raghuramaiah, President of the Association, proposed the vote of thanks. Srimati Vanibai Ram, the originator of the Association, took an active part in arranging the benefit performance.

SIVANANDA SANGITA VIDYALAYA, NEW DELHI

The Director of the Sivananda Sangita Vidyalaya (6/35 WEA, Karolbagh, New Delhi), Sri V. Rajamani Aiyer, announces that free music classes in Sivananda *Gitam* and *Kirtanam* will be given to all those interested for a period of 25 months from now onward, every thursday, in commemoration of the Silver Jubilee Programme of the Divine Life Society.

LATEST PUBLICATIONS

YOGASAR is the Hindi translation of Swami Sivananda's *Essence of Yoga*, published by the Sivananda Literature Dissemination Committee, Sivanandanagar, Rishikesh, at Re. 1/- per copy.

YOGA RAHASYA is the Gujarati translation of the above book, printed by the SLD Sub-Committee, Gujarat Region, 894 Tokershahni Pole, Jamalpur, Ahmedabad, at Rs. 2/- per copy (paper-back) and Rs. 4/- per copy (de-luxe edition).

LIFE OF SWAMI SADANANDA presents a symposium of tributes to the late Swami Sadananda, a direct disciple of Sri Swami Sivananda, who had served as a Professor of Raja Yoga at the Yoga-Vedanta Forest Academy for many years. (Re. 1/-)

TAMIL PAMPHLETS : Some of the writings of Swami Sivananda have been compiled and translated into Tamil by Sri Vanamamalai, and published by the Yoga-Vedanta Forest Academy in pamphlet form, entitled *Ethu Vendum* and *Pora Amaithiya*. (25 nP each)

TELUGU EDITION Swami Sivananda's *How To Control Anger* has been translated and published by Sri N. V. Subba Rao, South Street, Eluru, A.P., at 50 nP. per copy.

SURYA NAMASKARA is a pamphlet, in English, by Sri K.A. Tawker, detailing the technique and the benefits of this Yoga exercise.

SIVANANDA SATSANGA IN GENEVA is a collection of the teachings of Swami Sivananda by the late Dr. D.K. Viswanathan, also giving a descriptive account of a Satsanga held in Geneva by him, last year. (Rs. 3)

DEDICATED AND SELFLESS SERVICE TO HUMANITY

(Hon'ble Dr. Kailash Nath Katju, Chief Minister of Madhya Pradesh)

How I wish I could go over to Rishikesh on this happy and auspicious occasion !

The Society has drawn up an ambitious programme of celebrations. Please accept my hearty greetings and best wishes for all success.

The activities of the Society are indeed a glowing record of dedicated, selfless service to humanity—in the true spirit of the Bhagavadgita's message of Karma Yoga. In the present welter of materialism and scientific advancement, man's salvation lies in realizing and respecting the abiding truth of the oneness of the human spirit the world over, and cultivating good-neighbourly relations. The Divine Life Society is attempting, in its own characteristic quiet way, to spread this message of mutual love and goodwill, and of service to mankind. May Sivanandashram continue to be the beacon-light that it is, for years and years to come.

Welcome Address to H.E. Dr. V.V. Giri

Glorious Immortal Atman,

This is the most auspicious occasion for us, members of the Divine Life Society, and followers of His Holiness Sri Swami Sivanandaji Maharaj, to welcome your Excellency into our midst. By graciously condescending to inaugurate these Silver Jubilee Celebrations, your Excellency has honoured us, the Divine Life Society, and all that it stands for.

The spirit of selfless service that moves the Society in its world-wide activities, can best be appreciated by your Excellency, whom we regard as one of the dynamic, selfless leaders of our country. To us, humble seekers of Truth, you exemplify a practical votary of the ideal of Divine Life. Your dedicated life, which has been one of continuous sacrifice at the altar of freedom, peace and progress of India, is the Sadhaka's ideal. You rank among the outstanding disciples of Mahatma Gandhi, and have demonstrated, by your able leadership of the working class in this spiritual land, that the basis of the solution of problems consisted in adhering to the ideals of truth, love, mutual understanding and justice.

May we venture to declare this occasion as, not only the inauguration of the Silver Jubilee of the Divine Life Society, but the Golden Jubilee of your Excellency's dedication to the cause of Indian Independence ? Political independence of India has opened the door for economic independence and cultural resuscitation of this ancient land of ours, and we are, indeed, fortunate that our spiritual heritage is particularly dear to your heart. The Divine Life Society has been striving to bring about this cultural revival, and these Silver Jubilee celebrations which your Excellency is inaugurating today will also take the shape of an intensive and extensive cultural campaign.

The world has misunderstood the connotation of culture, and it is up to India, which has inherited the Wisdom of the great Upanishads, to give the correct interpretation of the purpose of life, and reorientate mankind's outlook in general and culture in particular. During the past twenty-four years the Divine Life Society, under the sage leadership of Sri Swami Sivanandaji Maharaj, has endeavoured to broadcast the Wisdom of the Sages, and to bring about a moral and spiritual regeneration in the world.

Sri Gurudev's dynamism has been responsible for the rapid spread of this dissemination of spiritual knowledge, and he has placed before the Society the sacred task of taking it to every home, in every part of the globe. On this memorable occasion, you, Sir, are really launching the ship of Divine Life on a dynamic programme of a Cultural Mission, and we are sure that, by the grace of God and Gurudev, and with your Excellency's and Shrimati Saraswati Giri's blessings, the mission will be crowned with success.

We are grateful to your Excellencies for your visit. We pray to the Almighty to bless your Excellencies with radiant health and long life in the service of humanity, and peace, prosperity and Eternal Bliss !

Sivananda Nagar
3rd April, 1960.

We remain,
Your humble Sevaks,
THE MEMBERS OF THE DIVINE LIFE SOCIETY

42nd All-India Yoga-Vedanta Conference

PROGRAMME

2nd APRIL, SATURDAY

04.30 a.m. to 06.00 a.m.	Common prayers, Japa and meditation.
06.00 a.m. to 07.00 a.m.	Yoga exercises.
09.00 a.m. to 11.30 a.m.	Discourses on the spiritual ideal of life, and on the outline of the Yoga of synthesis.
03.30 p.m. to 04.00 p.m.	Mantra-writing.
04.00 p.m. to 05.00 p.m.	24th annual General Body Meeting of the Divine Life Society.
05.00 p.m. to 06.00 p.m.	Discourses on Karma Yoga.
08.00 p.m. to 10.30 p.m.	Sankirtan and Bhajan, special music performances and spiritual instructions by Mahatmas and Sadhaks.

3rd APRIL, SUNDAY

04.30 a.m. to 06.00 a.m.	Common prayers, Japa and meditation.
06.00 a.m. to 07.00 a.m.	Yoga exercises.
09.00 a.m. to 10.00 a.m.	Sankirtan and Bhajan and Shahnai.
10.00 a.m.	Reception to the Governor of Uttar Pradesh.
03.00 p.m. to 06.00 p.m.	Inauguration programme of the Silver Jubilee Year of the Divine Life Society in the Bharat Mandir College compound at Rishikesh. Among the speakers: Dr. V.V. Giri, Swami Sivananda and others.
07.00 p.m. to 07.30 p.m.	Ganga Arati at the Ashram.
08.30 p.m. to 11.30 p.m.	Spiritual instructions by Mahatmas and Sadhaks, Sankirtan and Bhajan, and special music performances.

4th APRIL, MONDAY

05.00 a.m. to 06.00 a.m.	Common prayers, Japa and meditation.
06.00 a.m. to 07.00 a.m.	Yoga exercises.
09.00 a.m. to 11.30 a.m.	Discourses on the different aspects of Bhakti Yoga, and the spiritualization of the human nature through emotional refinement and maturity.
03.30 p.m. to 04.00 p.m.	Mantra-writing test.
04.00 p.m. to 06.00 p.m.	Discourses on the eight steps in Raja Yoga.
08.00 p.m. to 10.30 p.m.	Sankirtan and Bhajan, spiritual instructions by Mahatmas and Sadhaks, and special music performances.

5th APRIL, TUESDAY

04.30 a.m. to 06.00 a.m.	Common prayers, Japa and meditation.
06.00 a.m. to 07.00 a.m.	Yoga exercises test.
09.00 a.m. to 11.30 a.m.	Discourses on the *Ramayana* and *Yogavasishtha*.
09.00 a.m. to 11.30 a.m.	Sri Ramanavami Puja and Havan at the Viswanath Mandir.
03.15 p.m. to 04.00 p.m.	Explanation of the Yoga Museum.
04.15 p.m. to 06.00 p.m.	Discourses on the Vedanta Philosophy.
08.00 p.m. to 10.30 p.m.	Sankirtan and Bhajan, spiritual instructions by Mahatmas and Sadhaks, special music performances.

Edited and published by Sri Shivaprem for the Divine Life Society and printed at the Yoga-Vedanta Forest Academy Press, P.O. Sivanandanagar, Rishikesh, U.P.